







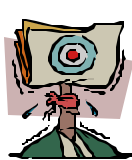
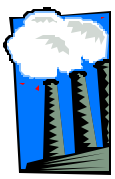


Managing Your Asthma...

Asthma is a chronic lung disease that makes it difficult to breathe. Asthma symptoms may include shortness of breath, a tight feeling in your chest, wheezing and coughing.

Although there is not a cure for asthma, it can be controlled. It is important for you to know your asthma “triggers” or what causes you to have an asthma attack. Different people have different asthma “triggers”. The following chart lists common asthma “triggers”. Please check the boxes that apply to you and review the trigger avoidance suggestions for each trigger you have checked.

Trigger Check Box	Asthma Triggers	Avoidance Suggestions
	Pets 	<ul style="list-style-type: none"> • Keep pets outside • Close inside pets out of your bedroom at night • Keep pets off of furniture • Remove animal products such as feather pillows from your home • Some breeds of dogs and cats have shorter hair and less dander, consider one of them to help control your asthma
	Dust or Dust Mites 	<ul style="list-style-type: none"> • Place your mattress and pillows in special “allergen” covers available at many stores • Wash sheets and blankets in hot water every week • Do not sleep on upholstered furniture • Clean furniture, woodwork and floors often with a damp mop or sponge, never use a broom • Vacuum carpets weekly using a vacuum with a HEPA filter or use 2 vacuum bags together, if possible remove carpet from the bedroom • Wear a mask when you or someone near you is cleaning • Clean or replace air conditioner or heater filters monthly
	Molds 	<ul style="list-style-type: none"> • Do not use a humidifier unless your doctor tells you to do so • Clean showers, tubs, and sinks often, with bleach • Wear a mask when you or someone near you is cleaning • Repair leaks
	Smoke 	<ul style="list-style-type: none"> • If you smoke, STOP • Do not allow anyone to smoke inside your home or car • Keep away from people who are smoking • Use designated non-smoking sections in restaurants • If you have a wood burning stove or fireplace, be sure it is well ventilated and does not release smoke into your home

	Pollens 	<ul style="list-style-type: none"> • Use the air conditioner instead of opening windows • Do not dry clothes or sheets outside • Stay inside, keeping the windows closed, as much as possible during allergy season
	Other airborne triggers 	<ul style="list-style-type: none"> • Avoid spray such as perfumes, hairsprays and deodorants • Avoid strong smelling products such as paint, harsh cleaning products and solvents. • Wear a mask when you are around these products
	Weather 	<ul style="list-style-type: none"> • Hot summer weather can cause air pollution that may trigger an asthma attack • Avoid outside activity when air pollution is high • Cold, dry air can irritate the lungs and cause an asthma attack, cover your mouth and nose with a scarf • Rain can increase molds and pollen
	Exercise 	<ul style="list-style-type: none"> • Exercise is a common asthma trigger • Warm up before starting to exercise • Do not exercise outdoors when it is very cold or if air pollution is high • Take your medicine as prescribed by your doctor • Always cool down after exercising
	Stress 	<ul style="list-style-type: none"> • Stress can trigger an asthma attack • Identify the causes of your stress and try to avoid them • Learn stress management techniques • Learn and use relaxation techniques
	Work Place Triggers 	<ul style="list-style-type: none"> • Try to identify workplace triggers and avoid them • Dust, fumes, smoke, chemicals, pesticides, plant products may be at your place of work • Extreme heat or cold could trigger an attack • If you work outside, your asthma could be affected by the conditions at that time of year such as pollen, cold, heat and humidity

REMEMBER...

You play an important role in controlling your asthma. Take charge of your health by recognizing and avoiding your "Asthma Triggers" whenever possible.

Talk with your doctor and give him/her the information he/she needs to develop an asthma treatment plan that works for YOU!!!

Interpretation and translation services are free to the enrollee, please call 1-800-669-1851 for more information.

Hay una linea telefonica en español para los consumidores Hispanos de TennCare. Llama al proyecto en español de TennCare al Tel. 1-800-669-1851.

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